



North Idaho

Medical Reserve Corps

January 2009

Volume 5, Issue 1

'Volunteer Idaho' Calling all Medical Volunteers!

'Volunteer Idaho' is the new Idaho State System for the Registration of Volunteer Health Professionals. This system has been created to facilitate web-based activation of **medical volunteers** in the event of an emergency. All MRC Units across the nation are participating with this system to one degree or another and North Idaho has elected to offer it to our **medical volunteers** and encourage enrollment. Volunteers that register in this new system will have the option of being available for local, statewide and/or national disasters. Brief instructions for enrollment are listed below and if there are any questions or concerns, please call the MRC office at 208-415-5185 or email jaguirre@phd1.idaho.gov.



1. **Log on to www.volunteeridaho.org**
2. **Click on the green REGISTER NOW button**
3. **Fill out the registration information**
4. **Wait to receive the confirmation email**

Call if you need assistance with enrollment!



A New MRC Volunteer is Coming!

That's right! Jessica Aguirre, Unit Coordinator, is expecting a baby at the beginning of March and we make this announcement in order to prepare you all for the changes that will result. The MRC office will be open for business during the time that Jessica is on Maternity Leave and duties will be shared among the Public Health Preparedness team. For most of you, the temporary difference will not be noticeable, but it is still important to note a few items:

1. **Please continue to attend scheduled trainings.**
2. **There will be NO April newsletter.**
3. **There will be NO Call-Out Drill in May.**
4. **Calls and emails will be returned as quickly as possible and we ask for your patience with the kind souls that are filling in for Jessica.**

As always, if you have any questions or concerns, please contact the MRC office at 208-415-5185 or email jaguirre@phd1.idaho.gov. Thank you all for volunteering with the Medical Reserve Corps of North Idaho!

Thank you to the following volunteers who assisted in the November Joint Information Center Exercise!

**Gerry Curry, Esther Twilleager, Ray Jackson,
Terry LaLiberte & Kerren Vollmer**

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Medical Reserve Corps

Training Schedule



February

02/10

MRC Alert Drill

Everyone should expect a TEST phone call @ 10:00 a.m.

April

04/25

Psychological First-Aid

@ Sandpoint
Panhandle Health District
322 Marion
8:00 a.m. - 12:00 noon

04/25

PPE

@ Sandpoint
Panhandle Health District
322 Marion
1:00 p.m. - 3:00 p.m.

MRC Alert Drill: The purpose of this drill is to test the Health District's ability to utilize a call-out system to contact and relay information to the MRC in a timely manner.

First Aid/CPR/AED: The purpose of this course is to provide basic first aid and CPR training for volunteers.

Psychological First Aid: The purpose of this course is to prepare volunteers and staff to provide basic care, comfort and support to people who are experiencing disaster-related stress.

MRC Leader Training: The audience for this training will be MRC volunteers selected to serve in a leadership capacity with volunteers in their area and respond as the Staging Manager of their assigned POD in the event of an activation.

Call Jessica if interested @ 415-5185

Personal Protective Equipment (PPE): This class is designed to familiarize volunteers with personal protective gear that may be needed in an emergency.

June

06/13

Basic CPR/AED

@ Sandpoint
Panhandle Health District
322 Marion
9:00 a.m. - 12:00 noon

06/13

Basic First-Aid

@ Sandpoint
Panhandle Health District
322 Marion
1:00 p.m. - 3:00 p.m.

July

07/09

MRC Leader Training

@ Hayden
Panhandle Health District
8500 N. Atlas Rd.
6:00 p.m. - 8:00 p.m.

NIMS, ICS 100 & ICS 200 will only be offered online this year.

Please see the links below for each.....

NIMS (IS 700): <http://training.fema.gov/emiweb/is/is700.asp>

ICS 100: <http://training.fema.gov/emiweb/is/is100a.asp>

ICS 200: <http://training.fema.gov/emiweb/is/is200a.asp>

To register for any of the offered courses or for more information, please contact

Jessica Aguirre at 208-415-5185 or jaguirre@phd1.idaho.gov

Winter Storms Are Here

Reprinted from Kootenai County Office of Emergency Management Press Release, December 16, 2008

Due to the frigid temperatures many people are experiencing frozen and bursting pipes. Plumbers have been working 24/7 trying to keep up with all of the calls for assistance. The freezing temperatures are not going away anytime soon, so to avoid getting yourself on a waiting list to repair your busted pipes, please take preventive actions now. The following information addresses preventive actions you can take to protect your pipes from freezing and information on how to thaw frozen pipes.



During Cold Weather, Take Preventive Action

- Keep garage doors closed if there are water supply lines in the garage.
- Open kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals up out of the reach of children.
- When the weather is very cold outside, let the cold water drip from the faucet served by exposed pipes. Running water through the pipe - even at a trickle - helps prevent pipes from freezing because the temperature of the water running through it is above freezing.
- Keep the thermostat set to the same temperature both during the day and at night. By temporarily suspending the use of lower nighttime temperatures, you may incur a higher heating bill, but you can prevent a much more costly repair job if pipes freeze and burst.

If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55°F.

To Thaw Frozen Pipes

If you turn on a faucet and only a trickle comes out, suspect a frozen pipe. Locate the suspected frozen area of the water pipe. Likely places include pipes running against exterior walls or where your water service enters your home through the foundation.

- Keep the faucet open. As you treat the frozen pipe and the frozen area begins to melt, water will begin to flow through the frozen area. Running water through the pipe will help melt more ice in the pipe.
- Apply heat to the section of pipe using an electric heating pad wrapped around the pipe, an electric hair dryer, a portable space heater (kept away from flammable materials), or wrapping pipes with towels soaked in hot water. *Do not use a blowtorch, kerosene or propane heater, charcoal stove, or other open flame device.* A blowtorch can make water in a frozen pipe boil and cause the pipe to explode. All open flames in homes present a serious fire danger, as well as a severe risk of exposure to lethal carbon monoxide.
- Apply heat until full water pressure is restored. If you are unable to locate the frozen area, if the frozen area is not accessible, or if you can not thaw the pipe, call a licensed plumber.

Check all other faucets in your home to find out if you have additional frozen pipes. If one pipe freezes, others may freeze, too.

The following are possible resources for senior citizens and low income residents that may need assistance with plumbing repairs:

Idaho Cares – Call 211 or (1-800-926-2588)

Elder Help of North Idaho (208) 209-1143 or (208) 691-9727

Real Life Ministries (208) 446-2420

For more information on disaster preparedness and winter storm safety go to Kootenai County's Office of Emergency Management Home Page at <http://oem.kcgov.us>.

Thank you

Citizen Corps Council of North Idaho!

for funding the new
Volunteer Identification Badges & Response Vests
for the Medical Reserve Corps of North Idaho.

Your support of our Preparedness &
Response efforts is deeply appreciated!



Panhandle Health District
Medical Reserve Corps of North Idaho
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